

Caregiving Around the Clock

Caregiver Appreciation Series | November 2020 – March 2021

"Family members, friends, and neighbors devote countless hours to providing care to their relatives or loved ones. During National Family Caregivers Month, we recognize and thank the humble heroes who do so much to keep our families and communities strong."

PROCLAMATION BY PRESIDENT BARACK OBAMA, 2012

National Family Caregivers Month – celebrated each November – is a time to recognize and honor family caregivers across the country, a time to celebrate the contributions of caregivers and provide them with tools that they need. Across Massachusetts, more than 18,000 families are caring for a family member with an intellectual or developmental disability in the home. More than 9,000 of these family members are adults.

The Department of Developmental Services has joined with The Arc of Massachusetts to provide information, resources, support, and strategies to help caregivers stay strong and resilient.

This year's theme, **Caregiving Around the Clock**, certainly brings light to how caregivers have worked tirelessly in providing for loved ones during the pandemic. This series will begin in November and extend through March 2021. Future topics for February and March are forthcoming. Many sessions will also be recorded and made available on demand via YouTube if you are unable to attend.





MONDAY, NOVEMBER 16, 2020

Commissioner Jane Ryder from the Department of Developmental Services will join Leo Sarkissian and Kerry Mahoney to help kick off our series, [Caregiving Around the Clock!](#)

WEDNESDAY, NOVEMBER 18, 2020

[Caring for Yourself When Everyday Is Stressful: How Do You Stay Resilient?](#)

Presented by Donna M. White, RN, PhD, CNS, LADC I, an award-winning speaker who discusses Caregiver Burnout, Resilience, Addiction, and more.

TUESDAY, DECEMBER 8, 2020

[Going the Distance: Older Caregiver's Special Needs and Opportunities.](#)

Join Andrew F and Kathleen Sullivan, Community Care Coordinators from Minuteman Senior Services. Topics include caregiver burnout, self-care tips, building connections, and community resources.

FRIDAY, JANUARY 8, 2021

[Ring in the New Year: Yoga and Meditation.](#) The Arc's Maura Sullivan, a certified Yogi, will demonstrate basic positions, stretches, and meditation techniques to incorporate into your daily routine.

THURSDAY, JANUARY 21, 2021

[Getting through the Day.](#) Caregivers Dianne Huggon, Jorge Pagen, Ingrid Flory, and Sue Crosby will share their tips and tricks on how they get through the day.

THURSDAY, JANUARY 28, 2021

[Caregiver Power Hour.](#) Strategies and group discussion facilitated by Michael Bloom, Chief Strategy & Innovation Officer with Incompass Human Services and author of a book on caregiving.

